

## You Need a General Tonic Take Grove's

### Standard Grove's Tasteless chill Tonic

able as a General Strengthening Tonic, Because it Acts on the  
Malaria, Enriches the Blood and Builds Up the Whole System.  
you are taking when you take Grove's Tasteless chill Tonic, as  
printed on every label, showing that it contains the well-known  
of QUININE and IRON. It has no equal for Malaria, Chills and  
ness, General Debility and Loss of Appetite. Gives life and vigor to  
hers and Pale, Sickly Children. A True Tonic and Sure Appetizer.  
people and children. Guaranteed by your Druggist. We mean it. 50c.

## Backache

### Get Rid Of It In One Night

ne, Rheumatism, Gout, Neuralgia, Nervousness, Nausea,  
Headache, Stone in the Kidneys are nearly always caused  
acid and yield readily and quickly to a treatment with

## ARK'S KIDNEY GLOBES

NONE GENUINE WITHOUT PICTURE OF THE LARK

Watch for the following symptoms and begin treatment with the  
appearance of heavy, thick or dark colored urine; sandy, brick-  
sediment; milky, bloody or bad-colored urine; stains on linen;  
ting or burning sensation; puffiness under eyes. 50c. the box.

LARK MEDICINE CO., PADUCAH, KY.

Sold by Kirk's Drug Store

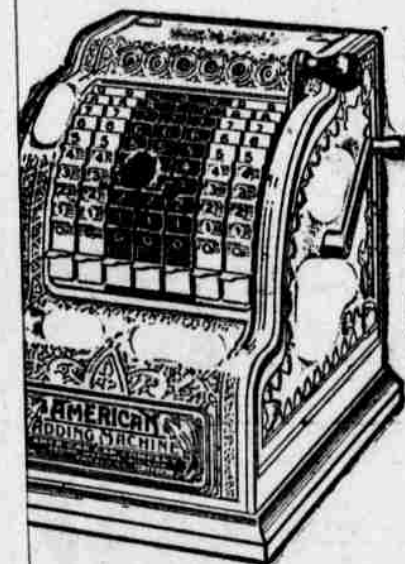
## The OLIVER Typewriter \$5 Brings Oliver Typewriter

Send \$5 for The Oliver Typewriter—the machine  
will come a-flying. The newest Model—No. 5—  
the regular \$100 machine—with no extra charge  
for Printype.  
For the price of a fountain pen you secure the  
World's Greatest Typewriter. You can pay the  
balance at the rate of 17 cents a day.

C. E. HASTINGS

Local Agent Bank of Henry

## One on Ten Days' Free Trial



It Adds  
Subtracts  
It  
Multiplies  
Ask  
The  
PARISIAN

## Down-Overworked? The Delicious Cod Liver and Iron Tonic Without Oil

## Vinol

is You Up & Makes You Strong

er in Every Way  
condition. I took three bottles  
have been for

## Home Town Helps

### PARKS NO LONGER A LUXURY

Not Only a Health Necessity, But Con-  
stitute a Most Important  
Civic Asset.

One of the latest cities to secure  
general plan reports, joining in  
the leading American cities in secur-  
ing such general schemes of develop-  
ment, is New London, Conn. The re-  
port, presented by John Nolan, of Cam-  
bridge, formerly of Philadelphia, con-  
tains the following reasons why New  
London and every city should acquire  
parks:

"There are at least four reasons  
why New London should now act in a  
large way in acquiring and improving  
land for use as parks and playgrounds.  
(1) Property is steadily increasing in  
value. It is not likely to be cheaper  
than it is now. (2) Once bought, park  
lands increase in value. All other pub-  
lic works depreciate. Parks appreci-  
ate. (3) Parks pay for themselves, or  
more than pay for themselves, by mak-  
ing new real estate values. Some ex-  
amples in support of this statement  
are given in the appendix. (4) A sound  
park policy, vigorously pushed by pub-  
lic authority, soon brings rich gifts  
from private individuals. The history  
of American city parks furnishes much  
evidence in support of this tendency.  
Cities that own few parks seldom re-  
ceive gifts of parks. On the other  
hand, cities like Hartford, Conn., that  
have a long and honorable record in  
public park-making, have an equally  
long and honorable record of private  
gifts for parks.

"Parks are no longer considered a  
luxury by growing American cities.  
They are classed with streets and  
sewers and schools as a necessity.  
They contribute directly to health and  
efficiency, to pleasure and economic  
wealth. Moreover, they stir and nour-  
ish civic pride."

### TWELVE HOUSES TO THE ACRE

New Building Regulation That Has  
Recently Been Put in Opera-  
tion in England.

On Monday, June 9, the first town-  
planning scheme under John Burns'  
town-planning act of 1909 became op-  
erative. Before doing so it had to  
pass through various stages of ap-  
proval by the local government board,  
and also to run the gauntlet of the  
houses of parliament.

The plan thus approved concerns  
2,320 acres in the suburbs of Bir-  
mingham, upon which, according to  
the law as established by these various  
authorities, not over 12 houses to the  
acre may be erected. This means  
that, at about five persons to the  
house, this suburb, laid out on the  
best of lines, with open space in  
abundance, will accommodate about  
140,000 persons.

In most American cities two-story  
houses are erected about 40 to the  
acre, and the average number of in-  
dividuals is five and two-tenths.  
This would mean a crowded popula-  
tion of 482,560 on the area of 2,320  
acres.

### International Garden City Association.

As a result of the enormous amount  
of correspondence relating to town  
planning and garden cities in different  
parts of the world and the formation  
of various associations in different  
countries to deal with the propaga-  
ndist side of these movements, an Inter-  
national Garden Cities and Town Plan-  
ning association has been formed.  
For the present the offices will be at  
3 Gray's Inn place, London, W. C., and  
Mr. Ewart G. Culpin will act as hon-  
orable secretary. Already a number  
of organizations dealing with these  
important matters have intimated  
their willingness to join such an inter-  
national movement, and it is proposed  
to have periodical conferences in the  
various countries represented in the  
membership.

During the past two months more  
than two hundred requests have been  
received from different parts of Eu-  
rope, Asia, Africa, America and Aus-  
tralia for information on civic mat-  
ters.

### Landscape Beauty an Asset.

The courts in several states have  
declared that landscape beauty is an  
asset and that man has neither legal  
or moral right to desecrate it by the  
erection of billboards. All states  
should eliminate every one of these  
objectionable blots on the landscape,  
even if a constitutional amendment  
be necessary in order to control the  
matter. One year from date of pas-  
sage of the act should be given the  
billboard companies to retire from the  
business. This is but fair, and we  
should insist that the billboard must  
go.—Exchange.

### Melons of Immense Size.

In the south-west of Asiatic  
Turkey immense melons are grown on  
the banks of the Tigris and Euphrates.

### Why Buy at Home?

Because my interests are  
here.  
Because the community that  
is good enough for me to live  
in is good enough for me to  
buy in.

Because I believe in transact-  
ing business with my friends.

Because I want to see the  
goods I am buying.

Because I want to get what I  
buy when I pay for it.

Because my home merchant  
will take care of me when I  
run short of cash.

Because some part of every  
dollar I spend at home stays at  
home and helps work for the  
welfare of the town and the  
country.

Because the home merchant  
I buy from stands back of his  
goods, thus always giving value  
received.

Because the merchant I buy  
from pays his share of the  
county and town taxes.

Because the merchant I buy  
from helps support our poor  
and needy, our schools, our  
churches, our lodges and  
homes.

Because if ill luck, misfortune  
or bereavement comes, the mer-  
chant I buy from is here with  
his kindly expression of greet-  
ing, his words of cheer, and, if  
needed, his pocketbook.

Let us make this town a good  
place in which to work and  
live. It's easy and certain if  
everyone will do his share.

The dollar sent away seldom  
returns, while the money spent  
at home is apt to leave a scrap-  
pling at your door.

### WRITE ADVERTISEMENT WELL

Should Be Attractive and Set Out  
Facts in Way to Leave Impres-  
sion on Reader.

Advertising to be successful must be  
well written and so it will attract and  
create a purchaser. To be attractive  
it must say something; tell facts  
which cause and leave an impression  
on the reader. It must be specific and  
it must tell the truth. Some adver-  
tisements are curiosities. They reveal  
the expenditure of money uselessly  
and wastefully. An instance of this is  
an advertisement which recently ap-  
peared in a middle west newspaper  
setting forth the following:

"One dollar goes a great ways at  
our store. Call and convince yourself  
that what we say is true. We are fully  
prepared with everything in our  
line to serve your every want. If it is  
something very nice, new or novel,  
you will find it at our store. Our aim  
is to please and satisfy you when you  
trade with us. You will be money  
ahead by becoming a regular patron."

This advertisement does not men-  
tion the class of goods in which the  
man deals and therefore, is wholly  
without value except to his personal  
acquaintances and those few others  
who know his line of business. As a  
getter of new business this advertise-  
ment is absolutely worthless. Simi-  
lar carelessness in formulating ad-  
vertising copy often defeats the pur-  
pose of what would be otherwise a  
paying advertisement.

Good advertising is the backbone of  
successful business. Poor advertising  
is throwing away one's money. Ad-  
vertising space is valuable and adver-  
tisers should obtain results from their  
purchase of space, but a primary  
requirement is well written, attractively  
set advertisements.

### LONG LOST BALL IS FOUND

Sphere Batted Into a Cornfield Thirty-  
Eight Years Ago Is Dug Up  
Petrified.

A baseball batted into a cornfield  
thirty-eight years ago by E. K. Bal-  
lantine, later sergeant-at-arms in the  
United States senate, was found re-  
cently when excavations were being  
made for a new building at Norfolk,  
Neb.

The ball had become petrified, but  
the seams and stitches were visible.  
A slight dent on one side marked the  
terrible wallop given by Ballantine.

This was the first league baseball  
ever bought for north Nebraska and  
the game which was being played be-  
tween Tekamah and West Point had  
to be stopped because the ball was  
lost.

### CUTTING STONES BY WIRES

Interesting Piece of Work Connected  
With Laying of Trolleys Across  
a Bridge in Paris.

An interesting work of stone-cutting  
connected with the laying of under-  
ground trolleys crossing the stone  
Pont Neuf, Paris, is referred to in the  
London Engineer. It was necessary  
to cut through the solid stone mas-  
sary two trenches, four feet wide and  
six feet deep. This would be an inter-  
minable task if it were cut by masons  
in the ordinary way. The work was  
done by an electric motor connected  
to a dynamo.

## THE KITCHEN CABINET



THE food supply would be prob-  
ably better selected, varied and  
cooked if the daily supervision were al-  
lotted definitely to one who has been  
trained for the purpose, and chosen be-  
cause of capacity for the office.

—Dukes.

### BREAKFASTS.

There is probably no meal where  
dainty service and pretty dishes are  
more appreciated than at the first  
meal of the day, when the appetite  
needs urging. It is much better to  
have two or three well prepared dishes  
than too much variety. For young or  
old, fruit is a most acceptable begin-  
ning, and the season brings its own  
variety. One of the most appetizing  
and wholesome dishes for children,  
and in fact for any one, old or young,  
is the whole wheat. Get it from the  
mill or granary, if you are fortunate  
enough to live on a farm where you  
can have plenty of cream; if not, top  
milk is very good to serve with it.  
Soak the wheat over night, then cook  
it for eight hours in a double boiler or  
fireless cooker until the grain is soft  
and easily digested. Salt while cook-  
ing.

Breakfast Muffin.—A simple little  
breakfast cake, easy to make and very  
good is this: Beat an egg, add a half  
cup of milk, salt, two tablespoonfuls  
of baking powder; add flour to make  
a soft batter, add two tablespoonfuls  
of melted fat and pour into well  
greased gem pans to bake in a hot  
oven.

When bananas are not liked un-  
cooked, they are delicious baked with  
butter; add lemon juice with a  
sprinkling of sugar and a pinch of  
salt.

One needs to remember that most  
of the prepared cereals need double  
the time for cooking that is specified  
on the box.

A well made and seasoned hash is  
another good breakfast dish which is  
usually a great favorite. If baked in  
greased cups instead of the usual  
method it makes an agreeable change.

Eggs in a multitude of forms are one  
of our most easily prepared breakfast  
dishes, and one of the most nutritious.

Omelets, too, are of endless variety,  
changing the flavor by the sauce or  
filling used in them.

An ordinary poached egg served  
with a nice, smooth, well flavored  
sauce will lose its ordinary common-  
ness entirely.

Toasts and coffee are too good, when  
well prepared, to slight by not men-  
tioning. Toast should be well browned  
and crisp. Coffee clear and well fla-  
vored and most important of all, all  
hot things should be served piping  
hot.

Nellie Maxwell.

## THE KITCHEN CABINET



HE was so skilled and per-  
fect  
In the art of everything  
Her fairy fingers touched  
Seemed like Ambrosia.

"Sweet lady, tell me, can you make a  
pudding?"

### PRACTICAL PUDDINGS.

Baltimore Pudding.—Take half a  
cupful each of molasses, milk and  
beef suet, a cup of flour and a cup of  
raisins, the juice and rind of a lemon,  
half a teaspoonful of soda, a teaspoon-  
ful of salt, a pinch of ground cloves,  
and mace and cinnamon. Steam five  
hours and serve with an egg or hard  
sauce. The hard sauce may be pre-  
pared from two tablespoonfuls of  
creamed butter, a cup of powdered su-  
gar and two or three tablespoonfuls  
of whipped cream. Flavor with van-  
illa.

Cranberry Roly Poly.—Make a short  
biscuit dough, roll it out about a half  
inch thick and spread generously with  
a layer of chopped uncooked cranber-  
ries well sprinkled with sugar. Roll  
up and pinch the edge; lay in a but-  
tered plate and steam forty minutes,  
then set in the oven to dry. Serve  
with cream and sugar.

Queen of Puddings.—Take one pint  
of bread crumbs, one quart of milk,  
one cup of sugar, the yolks of four  
eggs, the grated rind of a lemon and  
two tablespoonfuls of butter. Bake  
in a pan of hot water. When done,  
spread over the top a small glass of  
jelly, then cover with the meringue  
made from the whites of the eggs, a  
cup of sugar and the juice of the le-  
mon. Bake until brown.

Date Pudding.—Beat the whites of  
five eggs until stiff; add a cup of gran-  
ulated sugar.

## HOME TOWN HELPS

### RAISE STANDARD OF HOUSING

New Ordinances In Force at Duluth  
Constitute an Advance Step of  
Importance.

Various cities in recent months have  
taken cognizance of the importance  
of good housing conditions. One of the  
first to take constructive action by a  
complete revision of its housing code,  
following a searching investigation,  
was Duluth. Like every other city  
which has been careless with respect  
to the way its people live, Duluth had  
been housing some of its population in  
dark interior rooms and dark, damp  
basement; it had room overcrowding  
and lot overcrowding; and its toilet  
facilities were in many cases un-  
conducive either to health.

The first result  
was the appointing  
council, on the re-  
mayor, of a hous-  
committee at once  
of drafting an ordi-  
model law. A draft  
was submitted to the  
association for com-  
the subject of severa  
in Duluth and finally  
of 9 to 6.

Hereafter in Duluth  
houses and single  
must have enough  
lots to light and ven-  
rooms must be large  
tion and must have  
to the outer air, the  
tenement houses will  
other safeguards provided against  
Every new tenement house must  
within each apartment a proper  
with running water and a water closet  
located either in a bathroom  
separate compartment. Every  
house, when water main is in-  
accessible, must also have  
water and a water closet  
house.

For existing houses the re-  
of course, are not so strict as  
buildings; but for them also the  
ards have been raised in the  
of decency and health.

### CONFER OVER CIVIC AFFAIRS

Mayors of New York State Hold  
Annual Meeting to Discuss Impor-  
tant Matters.

The mayors of New York state meet  
for general discussion every year.  
Their meeting is directed to results,  
which they get. At their meeting in  
1912 they urged the passage of an act  
authorizing the appointment of local  
city and village planning commissions.  
This act became the law about a  
month ago.

At their 1913 meeting the mayors  
took the next step, as follows:

"Resolved, That the conference au-  
thorize the advisory committee of  
city planning experts to make a sur-  
vey of the cities of the state and to  
arrange a state city planning confer-  
ence in accordance with the recom-  
mendations made in its report; also  
urging every mayor and board of al-  
dermen to create and to organize a  
city planning commission, as autho-  
rized by the law enacted at the last  
regular session of the legislature."

### Grading the Suburban Lot.

When grading or terracing is to be  
done on the suburban lot, go about it  
in the right way by removing the top  
soil first to a depth of from six to  
eight inches—more if this soil is deep-  
er; the color will tell you—over the  
entire surface to be excavated, and  
also over the area which is to be ter-  
raced or ramped or altered in any  
way. Put this in a convenient place  
where it will not interfere with build-  
ing and grading operations, but will  
be accessible when wanted. Then do  
the work of grading everywhere,  
bringing all levels to within six  
inches of their proposed finished sur-  
face. When all this is done restore  
the top soil to the top, spreading it  
evenly and a little deeper than six  
inches allowed over those areas which  
have been built up, as these will set-  
tle.—From "Suburban Gardens," by  
Grace Tabor.

### Co-Operative Garden Village.

A prospectus has just been issued in  
England of the Cardiff Workingmen's Co-  
operative Garden Village society, Ltd.,  
one of those started as a result of the  
hard work of Prof. Stanley Gifford,  
says the current number of "Garden  
Cities and Town Planning." The es-  
tate of 110 acres lies in easy access to  
Cardiff, and the layout plan by Ray-  
mond Unwin is a particularly inter-  
esting study in development. The  
houses are to be not more than ten  
to the acre; 34 are now in the  
erection at rents of 15s. to 20s. per  
week.